RESPOND: RAPID INTERVENTION

Early action protects people, performance, and recovery.

Recognize the impact. Activate trusted support. Stabilize early.

RAPID SUPPORT CHANGES THE RECOVERY TRAJECTORY.

Early, integrated intervention helps reduce distress before it becomes more significant.

Fast support strengthens safety, continuity, and resilience.

01

ACTIVATE QUICKLY

Mobilize experienced support within the first 24 hours when possible.

02

STABILIZE EARLY

Provide psychoeducation, confidential check-ins, and Psychological First Aid.

03

BUILD TRUST

Independent professionals offer a confidential path people can trust.

FROM IMPACT TO RECOVERY

Rapid, human intervention strengthens safety, continuity, and resilience.

DELAYED RESPONSE	RAPID INTERVENTION
Wait for distress to become visible	**Activate trusted support early**
Rely only on internal responders	**Add independent, confidential resources**
Treat help-seeking as a referral issue	**Provide education, check-ins, and PFA**
Leave stigma and privacy concerns unaddressed	**Stabilize people before symptoms deepen**
Risk greater disruption and recovery costs	**Protect well-being, performance, and recovery**